

# TREATMENT PLAN GUIDE

## Understanding the Science behind your plan

### HOW TO USE THIS GUIDE

This companion document illuminates the therapeutic benefits and mechanisms behind each element of your treatment plan. Use it as a reference to understand how each recommendation supports your unique health journey.

### *Dietary Recommendations*

#### NOURISHING FOOD RHYTHMS & ANTI-INFLAMMATORY SUPPORT

Your personalised anti-inflammatory approach with mindful meal timing serves multiple vital roles:

##### 1. Supporting Your Unique Biology

- Maintains steady bilirubin levels
- Supports consistent energy flow
- Nurtures blood sugar balance
- Enhances natural liver function
- Reduces trigger factors

##### 2. Nurturing Hormonal Balance

- Supports natural inflammatory balance
- Enhances tissue wellness
- Promotes hormone harmony
- Optimises circulation
- Supports natural healing

#### KEY NUTRITIONAL ELEMENTS

##### 1. Quality Protein at Each Meal

- Supports enzyme production

- Provides healing building blocks
- Maintains energy balance
- Nurtures hormone production
- Enhances natural detoxification

## 2. Complex Carbohydrates

Especially focusing on nurturing cruciferous vegetables:

- Provides steady energy flow
- Maintains blood sugar harmony
- Supports liver wellness
- Reduces Gilbert's triggers
- Maintains metabolic balance

*Special note on cruciferous vegetables: These powerful plants contain compounds like indole-3-carbinol that support your liver's natural processes - particularly beneficial for your unique system. They also nurture healthy hormone metabolism, especially important for your hormonal journey.*

## 3. Nourishing Fats

- Enhances fat soluble vitamin absorption (Vitamin A, D, E & K)
- Supports hormone production
- Provides anti-inflammatory benefits
- Nurtures cell wellness
- Aids nutrient transport

## HYDRATION WISDOM

Maintaining proper hydration (8 glasses/2L daily) supports:

- Natural detoxification processes
- Blood flow harmony
- Hormone balance
- Tissue wellness
- Inflammatory balance

*Lifestyle Recommendations*

## FOOD & CYCLE AWARENESS JOURNAL

This powerful tool provides insights by tracking:

### 1. Natural Body Rhythms

- Energy patterns
- Sleep quality

- Stress responses
- Digestive wellness
- Monthly cycles

## **2. Healing Journey**

- Symptom patterns
- Treatment responses
- Inflammatory triggers
- Cycle changes

## **3. Treatment Optimisation**

- Protocol effectiveness
- Symptom correlations
- Prevention strategies
- Wellness patterns

## **MINDFUL EATING PRACTICES**

These practices support your unique system by:

### **1. Enhancing Digestion**

- Improves nutrient absorption
- Supports fat digestion
- Nurtures liver function
- Reduces digestive stress
- Optimises enzyme production

### **2. Stress Balance**

- Reduces trigger factors
- Supports nervous system harmony
- Enhances mind-body connection
- Improves meal satisfaction
- Supports eating patterns

## **SLEEP RHYTHM SUPPORT**

Your body has a natural wisdom that's deeply connected to daily cycles. Consistent sleep timing before 10:30 pm aligns with your body's natural cortisol/melatonin dance - particularly important for your unique system. This supports:

- Natural liver rhythms
- Hormone balance
- Tissue healing

- Energy restoration
- Emotional wellbeing

## MOVEMENT FOR WELLNESS

Regular gentle weight bearing exercise provides multiple benefits:

### 1. Physical Support

- Enhances circulation
- Supports tissue oxygenation
- Promotes lymphatic flow
- Nurtures metabolic health
- Supports healthy bone density and may prevent bone loss.
- Maintains healthy weight

### 2. Hormonal Harmony

- Balances stress hormones
- Supports liver function
- Enhances metabolic health
- Promotes hormone balance
- Supports emotional wellbeing

## Supplementation Recommendations

### CUSTOM HERBAL FORMULA (10 drops (0.5mL, 3 x daily)

This gentle yet effective blend combines:

- Gentian - Digestive support (bitter tonic = stimulates digestive juices, enhances nutrient absorption)
- Globe Artichoke - Digestive support (bitter tonic = stimulates digestive juices) and liver support (hepatoprotective = supports healthy liver function including phase 1 and 2 detoxification pathways)

Taking this formula before meals stimulates your digestive juices, ensuring they're ready for action as soon as you start eating. This enhances digestion and nutrient absorption, potentially reducing any discomfort after eating.

While Gilbert's syndrome affects how efficiently your body processes bile components through the UGT1A1 enzyme, supporting overall digestive function and liver health can help optimise the processes we do have working. Bile, which is produced by your liver, stored and concentrated in your gallbladder, then released into your small intestine when you eat, acts like a natural detergent that breaks down dietary fats. This process is essential for maintaining healthy triglyceride levels and absorbing fat-soluble vitamins like vitamin D.

By providing gentle digestive and liver support at a very low dose, this formula helps optimise your body's natural digestive processes, working with your unique biology rather than overwhelming it.

### **BioMEDICA MAGDUO ADAPT (1 scoop with breakfast - every other day)**

Comprehensive support featuring:

- Dual-form magnesium for optimal absorption
- Activated B vitamins
- Holy basil for stress adaptation
- Taurine and glycine for calming support

Supporting:

- Nervous system function
- Sleep quality
- Stress resilience
- Muscle relaxation
- Energy production

### **SPECTRUMCEUTICALS SB 250 (1 capsule with breakfast & dinner):**

This targeted probiotic has been shown to work well alongside conventional treatment to support Giardia eradication, while also helping to support digestive and immune health, maintaining comfortable digestion and supporting your body's natural healing processes.

### **EAGLE VITAMIN D3 SPRAY (3 sprays daily throughout the day)**

Supplemental vitamin D support:

- 3000IU D3 each day
- Sublingual delivery - Bypasses digestive system
- Spread out throughout the day to enhance absorption
- Supporting total optimal D3 status

### **ETHICAL NUTRIENTS MEGA ZINC (½ tablet at breakfast)**

Targeted nutritional support with:

- Zinc bisglycinate for optimal absorption
- Vitamin B6
- Beta carotene
- Supporting:
  - Immune function
  - Tissue repair
  - Hormone balance
  - Skin health

***Please ensure you take zinc alongside food as it can make you feel nauseated on an empty stomach.***

### **METAGENICS CALCIUM D - GLUCARATE (1 teaspoon in water at breakfast)**

This supplement supports healthy hormone metabolism and detoxification. It works by supporting glucuronidation - a key detoxification pathway that helps process and eliminate hormones (particularly excess oestrogen), environmental toxins, and other compounds. This pathway is especially important for you as it works alongside your UGT1A1 enzyme system (affected by Gilbert's syndrome). By supporting this process, calcium D-glucarate helps maintain healthy hormone balance, which is particularly relevant while you're on the OCP and approaching perimenopause. It also supports your liver's natural detoxification processes, helping to optimise your body's ability to process and eliminate various compounds that could otherwise contribute to hormone imbalance and inflammation.

### *Further recommendations*

1. In the referral letter to your GP
  - Asking your GP to retest for Giardia and if applicable give you treatment options for your consideration given your signs and symptoms.
    - Please let her know you will also be taking the recommended probiotic (*Saccharomyces cerevisiae boulardii* AKA SB) which has scientific evidence to support its benefit against giardia alongside conventional medicine treatment. References: -
      - [Besirbellioglu BA, Ulcay A, Can M, Erdem H, Tanyuksel M, Avci IY, Araz E, Pahsa A. Saccharomyces boulardii and infection due to Giardia lamblia. Scand J Infect Dis. 2006;38\(6-7\):479-81. doi: 10.1080/00365540600561769. PMID: 16798698.](#)
      - [Pryshliak OY, Protsyk AL, Semaniv MV, Boichuk OP, Gerych PR. Effect of probiotics on the intestinal microbiota of patients with giardiasis and ascariasis. J Med Life. 2022 Oct;15\(10\):1278-1282. doi: 10.25122/jml-2022-0191. PMID: 36420289; PMCID: PMC9675309.](#)
  - Asking your GP to consider further investigations considering persistent low triglycerides and low vitamin D status and considering family history of Osteoporosis.
2. Consider investing in a [Complete Microbiome Test](#) for \$415 after the treatment of Giardia has been completed about 6-8 weeks' post Giardia treatment). Here's why I think this would be valuable for you specifically:
  - Your current health picture shows some signs that your digestive system might need extra support:
    - Consistently low vitamin D despite supplementation
    - Persistently low triglycerides
    - Easy bruising
    - Recent Giardia infection
  - This test would help us:

- Assess how well you're absorbing fats and fat-soluble vitamins (which could explain your vitamin D and triglyceride levels)
- Check if your digestive enzymes are working optimally
- Ensure the Giardia treatment was fully effective
- Look for any remaining inflammation that could be affecting your hormone balance
- Evaluate your gut bacteria balance, which influences both hormone metabolism and immune function

The timing (6-8 weeks post-Giardia treatment) is important because:

- It allows your system to recover from the infection
- Gives us a clearer picture of your baseline digestive function
- Provides more accurate information to guide long-term treatment, especially for:
  - Supporting your hormonal balance
  - Managing the adenomyosis
  - Optimising your energy levels
  - Improving your sleep quality

## *Moving Forward*

Remember, healing is a gentle journey, and each component of this protocol plays an essential role in supporting your overall wellbeing. Regular communication about your progress helps us fine-tune these approaches to best serve your unique needs.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

Each step forward is a celebration of your body's natural healing wisdom.

*Janaya Karloci*

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